

Emaciniso e-COVID-19. Yindzaba yetfu sonkhe.



Bantfu labanatsa tjwala abayitfoli i-COVID-19.



Kunatsa tjwala akukuvikeli kuCOVID-19. Kunatsa kungenta ungakhoni kwenta tincumo ngekuphepha kuphindze kukubeke etfubeni lelikhulu noma engotini yekutfolela i-COVID-19. Kunatsa tjwala ngendlela lengakafaneli kukhulisa bungoti emphilweni yakho.



Siyavikelana kuleligciwane leCOVID-19 ngekutsi:



Siwashe tandla ngemanti lageletako nensipho njalonjalo imizwana lengemashumi lamabili.



Sigcoke sifonyo noma imphahla levala imphumulo kanye nemlomo.



Sikhwehlele noma sitsimule ngekatsi kwencoza.



Sigcine umkhatsi longange limitha.



Sigweme kutsintsa emehlo, imphumulo kanye nemlomo.



Sihlale ekhaya uma sinetimphawu temkhuhlane noma letifana netemkhuhlane.